

Addictions Class Resources
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These resources are not scholarly articles or publications in peer-reviewed periodicals. They are simply some resources that the course instructor provides for students.

Doverspike, W. F. (2007). *How cognitive distortions cause emotional distress.*

http://drwilliamdoverspike.com/files/how_cognitive_distortions_cause_emotional_distress.pdf

Doverspike, W. F. (2007, March). *How to handle a problem drinker: From anger to action.*

http://drwilliamdoverspike.com/files/how_to_cope_with_a_problem_drinker.pdf

Doverspike, W. F. (2007, October). *How to assess a drinking problem: Have you ever had a drinking problem?* http://drwilliamdoverspike.com/files/how_to_assess_a_drinking_problem.pdf

Doverspike, W. F. (2007, October). *How to cope with a drinking problem: The ABCs of alcohol treatment.* http://drwilliamdoverspike.com/files/how_to_cope_with_a_drinking_problem.pdf

Doverspike, W. (2008). From anger to action: A positive response to alcoholism. *Al-Anon Faces Alcoholism*. Virginia Beach, VA: Al-Anon Family Group Headquarters. Pages 4–5.

Article is available at these links:

English [From anger to action: A positive response to alcoholism](#)

Español [De la ira a la acción: Una respuesta positiva al alcoholismo](#)

Français [De la colère à l'action: Une réponse positive à l'alcoolisme](#)

Doverspike, W. F. (2008). *How to manage stress: A key to relaxation.*

http://drwilliamdoverspike.com/files/how_to_manage_stress.pdf

Doverspike, W. F. (2008). *How to get someone to change: A key to wisdom.*

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Doverspike, W. F. (2008, December). *Forgiveness: A path to emotional freedom.*

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Doverspike, W. F. (2008, December). *Overcoming grief: The journey from suffering to resilience* [Original title]. http://drwilliamdoverspike.com/files/how_to_overcome_grief.pdf

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http://drwilliamdoverspike.com/files/how_to_cultivate_gratitude.pdf

Doverspike, W. F. (2009, May). *How to manage anger: A key to better relationships.*

http://drwilliamdoverspike.com/files/how_to_manage_anger.pdf

Doverspike, W. F. (2009, June 07). *How to improve relationships.*

http://drwilliamdoverspike.com/files/how_to_improve_relationships.pdf

Doverspike, W. F. (2009, June 7). *How to make yourself miserable: Discovering the secrets to unhappiness.*

http://drwilliamdoverspike.com/files/how_to_make_yourself_miserable_revised_version.pdf

Español [Como Hacerte Miserable Tu Mismo](#)

Doverspike, W. F. (2014). *Como hacerte miserable tú Mismo: Descubriendo los secretos de la infelicida* [How to make yourself miserable: Discovering the secrets to unhappiness] (June De La Rosa, Traducir; Lic. Maria Luisa Treviño, Intérprete). (Palabra original publicada 2009 por William F. Doverspike).

English [How to Make Yourself Miserable](#)

Doverspike, W. F. (2014, June). *APA style template.*

http://drwilliamdoverspike.com/files/apa_style_template.pdf

Doverspike, W. F. (2015). *DSM-5 substance use disorders.* http://drwilliamdoverspike.com/files/dsm-5_substance_use_disorders.pdf

Doverspike, W. F. (2015, October 25). *How to make amends: A key to emotional freedom.*

http://drwilliamdoverspike.com/files/how_to_make_amends.pdf

Doverspike, W. F. (2015, November 16). *How to make an apology: A key to interpersonal reconciliation.* http://drwilliamdoverspike.com/files/how_to_make_an_apology.pdf

Doverspike, W. F. (2016). *How to understand addictions: Addiction fact sheet.*

http://drwilliamdoverspike.com/files/how_to_understand_addictions.pdf

Doverspike, W. F. (2016). *How to understand the opioid epidemic: Addiction fact sheet.*

http://drwilliamdoverspike.com/files/how_to_understand_the_opioid_epidemic.pdf

Doverspike, W. F. (2017, May 10). *How to choose an addiction specialist.*

http://drwilliamdoverspike.com/files/how_to_choose_an_addiction_specialist.pdf

Doverspike, W. F. (2017, September 21). *How to find a recovery group: Mutual help is more than self-help.* http://drwilliamdoverspike.com/files/how_to_find_a_recovery_group.pdf

Doverspike, W. F. (2018a). *How to report child abuse.*

http://drwilliamdoverspike.com/files/how_to_report_child_abuse.pdf

Doverspike, W. F. (2018a). *The transtheoretical model of behavioral change: Processes and stages of change.* <https://ecams.richmont.edu/>

Doverspike, W. F. (2018b). *Motivational interviewing made simple.* <https://ecams.richmont.edu/>

Doverspike, W. F. (2018c). *How to understand the opioid epidemic: Addiction fact sheet.*

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Doverspike, W. F. (2018d). *Addictions: Key concepts and glossary terms [Last updated 2024].*

<https://ecams.richmont.edu/>

File name: PSI Addictions Key Concepts and Glossary Terms.doc

Doverspike, W. F. (2018e). *Addictions key concepts and glossary terms: Marital and family therapy [Last updated 2024].* <https://ecams.richmont.edu/>

File name: PSI Addictions Key Concepts and Glossary Terms - Marital and Family Therapy.doc

Doverspike, W. F. (2020). *Citing DSM-5 in APA style.*

http://drwilliamdoverspike.com/files/apa_style_-_citing_DSM-5.pdf

Doverspike, W. F. (2020). *Addictions key concepts and glossary terms: Marital and family therapy.*

<https://ecams.richmont.edu/>

Doverspike, W. F. (2020). *How to understand Celebrate Recovery®.* <http://drwilliamdoverspike.com/>

This article is available at this link:

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Doverspike, W. F. (2020). *Missing reference information.*

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Doverspike, W. F. (2021). *Key concepts and glossary terms: Psychopathology.*

<https://ecams.richmont.edu>

Doverspike, W. F. (2021). *Addictions key concepts and glossary terms.* <https://ecams.richmont.edu/>

Doverspike, W. F. (2021, September 05). *How to understand the seven deadly sins.*

http://drwilliamdoverspike.com/files/how_to_understand_the_seven_deadly_sins.pdf

Doverspike, W. F. (2021, November 16). *How to measure the three dimensions of life.*

http://drwilliamdoverspike.com/files/how_to_measure_the_three_dimensions_of_life.pdf

- Doverspike, W. F. (2021, November 23). *How to measure the three dimensions of recovery*.
http://drwilliamdoverspike.com/files/how_to_measure_the_three_dimensions_of_recovery.pdf
- Doverspike, W. F. (2022, January 07). *How to report child abuse*.
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- Doverspike, W. F. (2022, February 14). *How to write a letter*.
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- Doverspike, W. F. (2022, May 10). *How to report adult abuse*.
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- Doverspike, W. F. (2023). *Addictions class resource list: Addictions bibliography*.
http://drwilliamdoverspike.com/files/psi_addictions_bibliography.pdf
- Doverspike, W. F. (2023). *Top 10 writing style errors*. http://drwilliamdoverspike.com/files/apa_style_top_10_writing_style_errors.pdf
- Doverspike, W. F. (2023, June 06). *How to navigate by spiritual principles*.
http://drwilliamdoverspike.com/files/how_to_navigate_by_spiritual_principles.pdf
- Doverspike, W. F. (2023, June 10). *How to find a better meeting*.
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- Doverspike, W. F. (2023, October 01). *How to understand affective presence*.
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- Doverspike, W. F. (2023, November 01). *How to understand enabling*.
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http://drwilliamdoverspike.com/files/how_to_learn_the_abcs_of_a_better_relationship.pdf
- Doverspike, W. F. (2023, November 15). *How to understand envy and jealousy*.
http://drwilliamdoverspike.com/files/how_to_understand_envy_and_jealousy.pdf

Doverspike, W. F. (2024, February 14). *How to understand craving.*

http://drwilliamdoverspike.com/files/how_to_understand_craving.pdf

Doverspike, W. F. (2024, March 01). *How to measure the eight levels of giving.*

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Doverspike, W. F. (2024, April 01). *How to measure the seven levels of intimacy.*

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American Psychological Association

Doverspike, W. F. (2011, June 01). Addictions class resources. <http://drwilliamdoverspike.com/>

Chicago Manual of Style / Kate Turabian

Doverspike, William, "Addictions Class Resources," June 01, 2011. <http://drwilliamdoverspike.com/>

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Modern Language Association

Doverspike, William F. "Addictions Class Resources." 01 Jun. 2020 [Date accessed]

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